

## **ABSTRACT**

Active-response golf shoes are disclosed. The golf shoes include at least one sensor, a controller, and at least one active-response element. The sensor and controller operate to rapidly  
5 determine if a golfer is walking or swinging a golf club. Once this determination is made the controller and active-response element rapidly change the shoe's characteristics. If the controller determines that the golfer is walking, the shoe provides a soft and flexible walking platform. If the controller determines that the golfer is swinging, the shoe morphs or changes automatically to provide a stable hitting platform. The controller senses various predetermined conditions such  
10 as pressure under the ball of the user's foot to determine whether the golfer is walking or swinging. The active-response elements may be a sole adjuster, a lace adjuster, and/or an upper adjuster. Methods of determining the golfer's type of movement are also disclosed.